



Georgetown Area Parkinson's Support Group

Issue 4

<http://georgetowntxparkinson.weebly.com/>

April 2018

Mary Jane Berry

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Next Meetings

Care Partner

Support Group Meeting:

Thursday, April 12, 2018;

(Always on 2nd Thursday of the month!)

2-3 pm

2423 Williams Drive, Georgetown, Texas. Georgetown Health Foundation meeting room.

FACILITATOR: Debra Thurber

dthurber@autumnleaves.com

All care partners/caregivers are very welcome to join us!

Summary of Our March Meeting

We had another great meeting with 102 attending a presentation by Dr Britt Stone. She did a nice overview of Parkinson's and the latest treatment options for Parkinson's. It was very interesting. Dr Stone then opened it up for questions. The questions ranged from exercise, medications, DBS options to CBD oil! Yes, that generated many follow-up questions. Overall, CBD oil 'may' help some folks ~ so, inconclusive results. However, if you are interested in this as treatment option, Dr Stone encourage you to talk to you own physician.

Again, it was a wonderful meeting. Our great refreshments were sponsored by Beth Erwin with Abbott.



**Abbott's St. Jude Medical InFINITY™
Deep Brain Stimulation (DBS) system**
For treatment of Parkinson's disease and essential tremor

*Thank you very much to
Dr. Stone for presenting and to
Beth for the refreshments!*



Parkinson's Support Group Meeting:

Thursday, April 26, 2018

(Always on 4th Thursday of the month!)

2-4 pm

2423 Williams Drive, Georgetown, Texas. Georgetown Health Foundation meeting room.

No Speaker: It is Parkinson's Awareness Month and our Ice Cream and Cookie Social and Health Fair! We will have over 40 vendors that will share about their services! There will be FREE giveaways and also, DOOR PRIZES. You do not want to miss this meeting!

MEMBERS — We are asking you to please bring cookies to share and at the end, if cookies left over ~ we will have a cookie swap! What FUN!



April is Parkinson Awareness Month

Parkinson's changes everything.
Together we can inspire hope
in our community.

Our 2018 Meeting and Speaker Schedule

Georgetown Area Parkinson's Support Group Meetings 2018

Parkinson's Caregivers Support Group Meeting	Parkinson's Support Group Meeting	SPEAKER And TOPIC for Parkinson's Support Group Meeting	Refreshments for Parkinson's Support Group Meeting
April 12	April 26	Social and Health Fair Ice Cream and Cookies ~ YEAH!	Members bring COOKIES!
May 10	May 24	Dr. Michael Soileau FAQ's on Parkinson's	Medtronic - DBS Damon & Donny 702 -354-4100
June 14	June 28	Annette Juba, LCSW, Deputy Director Dynamics of Caregiving	US World Meds - Apokyn Clint Graves 806 -672-2033
July 12	July 26	Jennifer Perez Driving while Aging	4:13 Fitness Kristi Richards 512 -695-4649
August 9	August 23	Dr. Christy Khoury-Dennis, Pharmacist Medication Management	Boston Scientific Corp – DBS Erin Doherty 512 -484-6727
September 13	September 27	Dr. Elizabeth Peckham Parkinson's Discussion	Autumn Leaves Debra Thurber 512-688-0159
October 11	October 25	Mary & Mitch Koffend http://www.accountableaging.com/ Healthcare Choices – insurance, care management	AbbVie - Duopa Kimberly Rivera 512 -745-2063
November 8	November NO mtg.	“NO” Support Group Meeting	Happy Thanksgiving
December No mtg.	December 13	Christmas Social and LUNCH Merry Christmas 2018	Merry Christmas

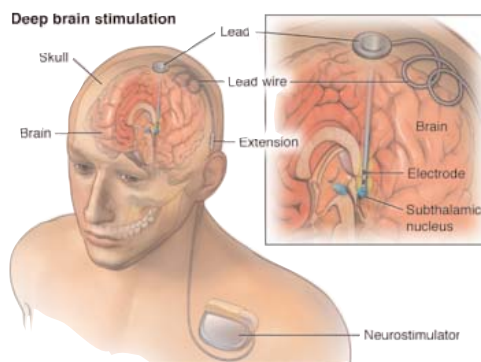
DBS Support Group in Georgetown

We have a DBS Support group in Georgetown — GADS! The Georgetown Area DBS Support with the goal to share information regarding Deep Brain Stimulation (DBS) in a relaxed casual discussion format. This group is for those who have had DBS or those seeking information and/or considering DBS!

PLACE: The Delaney at Georgetown Village, in The Residences section (<https://thedelaneyliving.com>), 359 Village Commons Boulevard, Georgetown

DIRECTIONS: From Shell Road, turn left at the (small) DeLaney sign (next left after Westberry). Turn right into the long circular drive around the facility and follow signs to The Residences entrance in the back. Park in any uncovered space.

April 18, 2018
(Every third Wednesday!)
2–3 pm



You can let passengers off in the entrance but please do not park there.

CONTACT: Judy Mayo, 512-943-9084
or email: judymayo@suddenlink.net

Foundations Updates

- Michael J Fox Foundation
[Michael J Fox Website](#)
- Parkinson's Foundation
[Parkinson's Foundation Website](#)
- Parkinson's Research Foundation
[Parkinson's Research Website](#)
- Davis Phinney Foundation
[Davis Phinney Website](#)
- St. Louis American Parkinson's Disease Foundation
[American PD Foundation Website](#)
- WOW! — a list of “world-wide” Parkinson's Support Groups!
[World Wide Groups](#)

Chair Yoga with Parkinson's

“Movin to Wellness Chair Yoga” — meets every Wednesday at 9am in Georgetown at our usual monthly support group meeting location, 2423 Williams Drive.

CONTACT: Ki Browning Ki@YogaKi.com 512-876-0071

***NOTE:** KI also teaches for Sun City Fitness however the chair yoga classes that she teaches for us and will continue to teach are FREE!!! Thank you Ki!



*Let's Exercise!
Just as Important as Meds!*

Tai Chi for Neurological Diseases

The Georgetown Neuropathy Support Group has invited us



to join them for their Tai Chi classes. The class is on Thursday mornings 9 am – 10:30 am at our same meeting location, 2423 Williams Dr., Suite 101. The cost is \$8 for walk-ins; \$50 for 12 weeks (recommended). To learn more and register, please visit <https://neuropathyal-liancetx.org/register-tai-chi/>

Exercise Classes

Check these calendars for GREAT and FREE exercise classes:

- Georgetown Area Parkinson's Movin' to Wellness: <http://georgetowntxparkinson.weebly.com/calendar.html>
- Power for Parkinson's <http://www.powerforparkinsons.org/>

Painting with Parkinson's

Do you like to paint, to draw... we are forming a “Painting with Parkinson's” class! “Engaging in art-related activities



has been shown to help people with PD feel less isolated and be able to fully express themselves.”

Contact Kimberly Keller at (512) 635-7936 or email: paintwithme.kimberlykeller@gmail.com
Website: www.paintwithmekeller.com

Capital Area Parkinson's Society

[CAPS website](#)

CAPS meet on the 3rd Saturday of each month from 2:00 – 4:00 pm, in the 5th Floor Conference Room of the Medical Office Building at St. David's Medical Center. The address is 3000 North IH-35, Austin, 78705. Next meeting will be: Saturday, April 21, 2 – 4 pm and will be a SPRING Health Fair!

Dancing with Parkinson's

“Dancing with Parkinson's” every Tuesday at 1:30 pm at Georgetown Palace Theater — Education and Performance Center [216 W 8th Street](#)

Contact: Nancy Bain
nancysternbain@gmail.com 512-940-0148



Dance for PD®:

Video's for dance and exercise!
<https://danceforparkinsons.org/>

DANCE *for* PD®

Power for Parkinson's

<https://www.powerforparkinsons.org/>

Fitness for Parkinson's in Round Rock

Thursdays — “Power for Parkinson's Fitness for PD” — meets every Thursday at 1pm in Round Rock at 2111 Sam Bass Road in the N'Caliente Fitness and Zumba Studio!



Boxing with Parkinson's

We believe all things are possible. www.413.Fitness

With that mindset, we encourage and empower people of all ages and fitness levels to fight and take back what disease and age have stolen from them. If you are ready to fight back, 4:13 FITNESS is the right place for you. Our community of fighters, cornermen, and coaches will welcome you into the family. You are not alone in this fight.



Come observe a class and see for yourself. This class meets in Georgetown every Monday/Wednesday/Friday starting at 9:30 am. The location is 2534 Shell Rd Ste. C in the Mu Soo Won. Also, 4:13 FITNESS has 2 other locations to serve central Texas.

CONTACT: Kristie Richards
512-695-4649

email: fightback@413.fitness.

Parkinson's Awareness Walk

April 21, 2018; Contact Bob Gessler 512-688-3179

April is Parkinson's Awareness Month and is recognized throughout the world to raise public awareness about Parkinson's disease. Although there are no official statistics, Parkinson's disease is thought to affect over 1,000,000 people in the United States with

increased numbers worldwide!

To bring awareness and to raise money for the Parkinson's Foundation please join us on: Saturday, April 21, 2018 at 10 am registration and 10:30 start walking. We will meet at SanGabriel Park, area 1.



Sponsors: Georgetown Area Parkinson's Support Group and Georgetown Triathletes.

Singing with Parkinson's

"Texas Tremble Tones"

Singing uses the same muscles as swallowing and breathing control, two functions affected by Parkinson's disease. So join us for a health benefits, for FUN and to make 'joyful sounds'! Meet every Monday at 11:00 am to 12 noon in Room E2.103,

First Baptist Church, 1333 W University Ave, Georgetown.



Contact: Ron Franklin, #210-392-0098 or ronlindafrank-lin@gmail.com
Pama Fontenot 512-963-7133 or singin-2-high@suddenlink.net

Fighter of the Month

Bob Gessler, Fighter of the Month for Georgetown, is half of the team, "Bob and Weave." The other half is his other half and cornerman, Judy. Bob was diagnosed in 2015, and is a patient of Dr. Stone. A native of Pennsylvania, Bob earned the BSEE degree from Drexel University in 1969. He subsequently worked on submarine combat control systems while a civil service employee for the Navy in Rhode Island. His favorite part of class is doing balancing exercises, and he likes everything. Bob draws inspiration from the late Stephen Hawking. One inspired idea of Bob's is The Parkinson's Awareness Walk, a 1.6 mile walk to increase awareness of Parkinson's disease and raise money for the Parkinson's Foundation, April 21 at San Gabriel Park.

REGISTER to WALK, CONTACT:

Bob Gessler @ 512-688-3179

REGISTER/DONATE ONLINE:

<http://www3.parkinson.org/goto/georgetown2018>.



Reminders and Thoughts

- **FREE U-Step Walker and Lift Chair** — I have a U-STEP walker designed specifically for Parkinson's patients and 1 lift recliner that I want to donate to someone in your group that could benefit from these items. Call Pam 512-987-9571
- **WEBINAR on Marijuana and PD: What do we really know?** — Tuesday, April 17, 2018 at 12 noon **REGISTER:** <http://event.netbriefings.com/event/pdeb/Live/marijuana/register.html> The potential for cannabis-based products to successfully treat PD has increasingly sparked the interest of both people living with Parkinson's and our research community. In this Expert Briefing, we will review what cannabis is, how it works in the brain and why there is so much excitement about its potential in PD by reviewing animal and basic science studies suggesting some promise in treating motor symptoms and slowing the progression of PD.
- **Fox Insights** — Fox Insight is an online clinical study where people with Parkinson's disease and their loved ones share information that could transform the search for better treatments. You can help shape the future of

Parkinson's research — but it's going to take all of us, working together. You in? Click here and learn more and then, sign up!
https://foxinsight.michaeljfox.org/?et_cid=1062212&et_rid=224670319&et_lid=foxinsight.orgem_cid=

- **NEW Medicare Cards** — Centers for Medicare and Medicaid Services (CMS) will be mailing out New Medicare cards starting in April 2018. CMS is removing Social Security Numbers from Medicare cards to prevent fraud, fight identity theft, and keep taxpayer dollars safe. The new Medicare cards will be mailed from April 2018 through April 2019 and will be mailed in phases by geographic location.
<https://www.cms.gov/medicare/new-medicare-card/nmc-home.html>
- **Parkinson's Video's** — This link from the Davis Phinney Foundation is an educational webinar series featuring movement disorder experts speaking on topics of interest to people affected by Parkinson's disease. Excellent resources! Check these out:
<https://www.davisphinneyfoundation.org/resources/video-library/>
- **Live Young!** — Living an active, full life isn't limited to a few. Many older adults are seeking out volunteer activi-

ties, learning a new language or turning to music to live more fully. Researchers have demonstrated that learning a second language can help you maintain better cognitive function as you age. A study conducted at **Emory University** suggests that keeping the brain active through music may also reduce dementia. So, what are you waiting for? Here are five tips to inspire healthy aging, no matter how old (or young) you are:

- ✓ **Tap into your inner artist.** This may be the right time to sign up for a painting class or learn to play the trumpet.
- ✓ **Get moving.** Many of us would benefit from walking every day. It's ok to start small. Park your car further from a store's entrance or walk around the block with a friend. Yes, Exercise, Exercise, Exercise!
- ✓ **Balance your diet.** As people age, their bodies need more protein for muscle and overall health. You can add the recommended five to seven ounces of daily protein to your diet through a variety of lean foods like beans and nuts, fish, skinless chicken and eggs. Other high-nutrient foods include bright-colored vegetables (carrots and broccoli), deep-colored fruit (such as berries), and whole grains (like brown rice). At the same time, put down the salt shaker.
- ✓ **Have a positive outlook.** Smile often; it lightens your mood and can brighten the day of others around you. Results from a **Swedish** study demonstrated that when you smile, people treat you differently. And, more often than not, if you smile at someone, they'll smile **back**.
- ✓ **Learn a new skill.** Always wanted to juggle? Are you intimidated by your new smart phone? Sign up for a class that will help boost your confidence.

Tips for Parkinson's

Fox Insight — The future of Parkinson's research is in your HANDS!

Click here to learn more ~ please join in the research!

https://foxinsight.michaeljfox.org/?et_cid=1062212&et_rid=224670319&et_lid=foxinsight.orgem_cid=



The future of Parkinson's research is in powerful hands. **Yours.**

Fox Insight is an online clinical study where people with Parkinson's disease and their loved ones share information that could transform the search for better treatments. You can help shape the future of Parkinson's research — but it's going to take all of us, working together. You in?

[Register now >](#)

Reminders and Thoughts

(Continued on page 6)

Reminders and Thoughts (Continued from page 5)

- **AGE of Central Texas** — www.ageofcentraltx.org There are many opportunities to learn more:
 - ✓ “Advanced Directives and Strategies to Avoid Probate” — a caregiving seminar on Saturday, April 21st, from 10 a.m. to Noon at the Keller Williams Lake Travis Market Center (1921 Lohmans Crossing Road, Suite 100, Lakeway, TX 78734. REGISTER: please call Becky McGinnis at 512-600-9275
 - ✓ The AGE of Central Texas Austin Adult Day Health Center will celebrate our monthly Birthday Party on **Friday, April 27th, at 12:30 p.m.**, and you and your loved ones are invited to join us! Stop by for live music, dancing, refreshments, and an opportunity to meet the Austin Adult Day Health Center members and staff. The event is free and designed for all levels of participation. RSVP to Lauren Duerksen at (512) 600-9289 or email lduerksen@ageofcentraltx.org.
 - ✓ 3rd Annual Pflugerville Seniors Conference Thursday, May 10th, 9:00 am –2:00 pm, Pflugerville Community Church 1214 Pfennig Lane, Pflugerville, TX 78660 Join AGE of Central Texas for this annual FREE community event that will feature seminars, resource fair, lunch, and more. Area experts will also be discussing aging-related topics that include legal and financial issues, paying for long-term care, and driving concerns for older adults. Plus, enjoy complimentary breakfast and lunch, plus an extensive Information and Resource Fair. Registration is now open! please call Becky McGinnis at 512-600-9275
- **Caregiver’s Resource** — This website AgingCare.com is a great resource and you can ask questions online, plus they have a library for FREE downloads:
<https://www.agingcare.com/ebook/library?acst=navbar>
- **How and Why Music Therapy Promotes Health** — Research has shown that music has a profound effect on your body and psyche. In fact, there’s a growing field of health care known as music therapy, which uses music to heal. Read more here: why-music-therapy-is-effective

Dr Dan Stultz – know as “Dr. Dan” to us!



AFTER STETHOSCOPES



This book is pretty much described by the title as it is an autobiography and my life’s journey thus far, with an emphasis on my career after the practice of medicine.

After Stethoscopes shares my thoughts on seemingly unrelated essay topics over the last five to six years and shares my experience with deep brain stimulation, an often-unused early weapon in the battle with Parkinson’s.

DBS has been a miracle gift for me. The book weaves together and my life story with Parkinson’s and my experience with leadership and leaders—at least my story thus far.

- **“Spotlight on Parkinson’s Disease”** webcast series by the American Parkinson’s Disease Association has topics important to people with PD, care partners, and healthcare professionals. To date, there have been 11 programs in the Spotlight Series. If you have missed any of these programs, you can access them by clicking on the program links below:
 - [Spotlight on Parkinson’s Disease: Understanding Dyskinesia](#)
Keynote Speaker: M. Maral Mouradian, MD
 - [Spotlight on Young Onset Parkinson’s Disease: Exploring Treatment & Management Options](#)
Keynote Speaker: Joel S. Perlmutter, MD
 - [Spotlight on Parkinson’s Disease: Communication and Intimacy](#)
Keynote Speaker: Sheila Silver, MA, DHS, ACS
 - [Spotlight on Parkinson’s Disease: Living Well Everyday](#)
Keynote Speakers: Lisa Sommers, MA, CCC-SLP and Stacey A. Zawacki, DrPh, RD
 - [Spotlight on Movement Function: Coping With On/Off Periods](#)
Keynote Speaker: Lisa M. Shulman, MD
 - [Spotlight on Addressing Motor and Non-Motor Symptoms—The Changing Landscape](#)
Keynote Speaker: David G. Standaert, MD, PhD
 - [Spotlight on Parkinson’s Disease - Staying on Your Feet — Balance Matters](#)
Keynote Speakers: Tami Rork DeAngelis, PT, DPT, GCS and Anna DePold Hohler, MD, FAAN
 - [Spotlight on Parkinson’s Choices — Playing an Active Role in Your Treatment Plan](#)
Keynote Speakers: Jaime Hatcher-Martin, MD, PhD and Harrison Walker, MD
 - [Spotlight on Well Being — It’s A Family Affair](#)
Keynote Speaker: Roseanne D. Dobkin, PhD
 - [Spotlight on Clinical Trials — What You Need to Know](#)
Keynote Speakers: Marie Saint-Hilaire, MD, FRCPC and Ray James, BS, RN
 - [Spotlight on Treatment Advances](#)
Keynote Speaker: David G. Standaert, MD, PhD
- **Going to the hospital, BE PREPARED** — The *Aware in Care* kit includes tools and information that will help people with Parkinson’s and their families plan for the next hospital stay. GET your FREE kit here: **FREE kit** This FREE kit is great and includes:
 - ✓ **Aware in Care Bag** — This black bag is large enough to store all the materials from the *Aware in Care* kit as well as extra bottles of your Parkinson’s medications.
 - ✓ **Hospital Action Plan** — This 24-page booklet outlines 10 steps to take to get the best care possible during a hospital stay, and provides additional guidance for people with special needs.

- ✓ **Parkinson's Disease ID Bracelet** — This stainless steel, hypo-allergenic bracelet is designed for 24/7 wear. The bracelet indicates the wearer has Parkinson's disease, refers to the wallet card for more information, and provides the Parkinson's Foundation Helpline number for additional assistance.
- ✓ **Medical Alert Card** — This card provides additional guidance about treating a person with Parkinson's disease. It is designed to be folded up and placed in a person's wallet or pocketbook.
- ✓ **Medication Form** — Each kit includes a pad of Medication Forms. The forms may be completed prior to a hospital visit and used to provide a complete list of the medications when requested at the hospital.
- ✓ **Parkinson's Disease Fact Sheet** — This fact sheet provides an overview of Parkinson's and may be shared with hospital staff.
- ✓ **I Have Parkinson's Reminder Slips** — Each kit includes a pad of these reminder slips. Each slip has vital information about Parkinson's disease that may be shared with every member of the care team in the hospital.
- ✓ **Magnet** — The magnet, which says, "I have Parkinson's and I need my medications on time, every time," is a visual reminder of the importance of medication timing for people with Parkinson's.
- **What Medical Expenses Can Be Written off on Taxes?**
Many caregivers and their aging loved ones rack up thousands of dollars every year in medical expenses. This includes items and services not covered by Medicare, co-pays and deductibles, even the amount of gas used to get to and from doctor's appointments. Click here to learn more: [What Medical Expenses Can Be Written off on Taxes?](#)
- **Balance Exercises** — Sun City Fitness Team shared these exercises for balance: Balance is the ability to distribute your weight in a way that lets you stand or move without falling, or recover if you trip. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones, and joints. Problems with any one of these can affect balance. Balance exercises can help you maintain your balance — and confidence — and promote independence. Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. Try balancing on one foot while waiting in line or stand up and sit down without using your hands. For a more targeted approach, here are some suggestions for exercises:
 - ✓ **Toe Stands** — Stand about one and a half feet away from a counter. Raise up as high as possible on the balls of your feet. Try to stay as still as possible and hold the toe stand for 10 seconds. Rest. Repeat 5 times.
 - ✓ **Tandem Stand** — Stand about one and a half feet away from the counter. Place one foot directly in front of the other foot so that the heel of one foot is just touching the toes of the other foot. Try to stay as still as possible. Hold the stand for 10 seconds. Rest. Repeat 5 times.
- ✓ **Weight shifts** — Stand with your feet hip-width apart and your weight equally distributed on both legs. Shift your weight to your right side, then lift your left foot off the floor. Hold the position as long as you can maintain good form, up to 30 seconds. Return to the starting position and repeat on the other side. Continue to repeat as long as long as you can maintain good form.
- **Parkinson's Voice Project** — <http://www.parkinsonvoiceproject.org/> another wonderful resource for voice and swallowing called SPEAK OUT! SPEAK OUT!® addresses the motor speech deficits associated with Parkinsonism. The speech therapy program was specifically developed to be practical and efficient in order to comply with insurance limitations, productivity standards, and other administrative constraints. The program is based on the teachings of Daniel R. Boone, PhD, CCC-SLP, a world-renowned speech-language pathologist and voice expert, who recognized in the late 1950s that individuals with Parkinson's could improve their communication if they spoke with "intent." SPEAK OUT!® combines speech, voice, and cognitive exercises laid out in a SPEAK OUT!® Workbook. This training course includes instruction on individual therapy, group therapy (The LOUD Crowd®), documentation, marketing, and Parkinson Voice Project's music program.
- **Toxins, Oh MY!** — A potential cause of Parkinson's is thought to be "toxins" . . . check out this from Chris McKee, CNC, The Nomadic Nutritionist. <https://thenomadicnutritionist.com/> Your liver is the first stop for these toxins when they enter the body. Your liver identifies whether it's "friend or foe." If it's "foe" it then has to convert this fat soluble molecule into a water soluble molecule so you can excrete it out of the body through urine, stool, lymph system or sweat. To do that your liver needs a tool kit! Here are some quick ideas to support your liver every day. Eat organic when you can and follow the **Environmental Working Groups** list of the "**Dirty Dozen and Clean Fifteen.**" This list helps identify the fruits and vegetables that are more or less likely to contain agricultural chemical residues. Download your Dirty Dozen list off the home page of my website www.thenomadicnutritionist.com and start eating those fruits and veggies Organic!
 - ✓ Eat clean, organic animal products by choosing grass-fed or pasture-raised animals that haven't been exposed to hormones or antibiotics. These responsibly raised products cost more, but the reduced exposure to these additives and toxins is well worth the cost. Consider eating vegetarian a couple nights a week to reduce the cost of animal protein based meals.

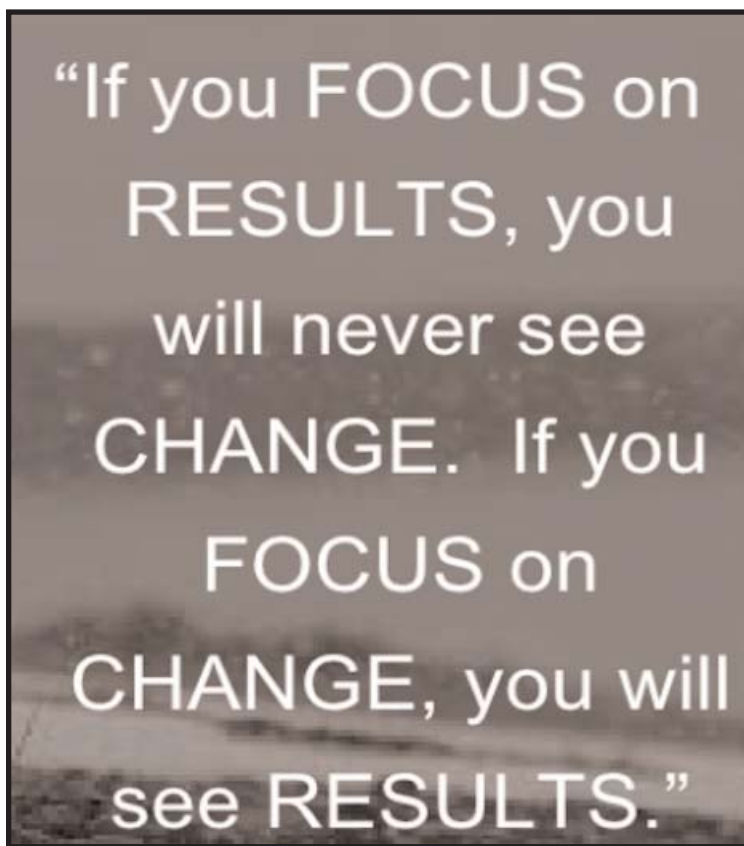
Reminders and Thoughts (Continued from page 7)

- ✓ Avoid fish with mercury such as tuna, swordfish, halibut etc. Go to www.ewg.org and you can download a list of seafood “best bets”!
- ✓ Drink clean water. Avoid drinking out of plastic bottles and instead filter your water at home and place in a glass water bottle. If possible use a carbon or reverse osmosis filter in your home. For a basic start buy a Zero water pitcher (ditch your Brita, test results were poor). Drink no less than eight 8 oz. glasses a day.
- ✓ Limited alcohol intake. Alcohol puts a heavy burden on your liver. Enjoy a couple days a week with an alcohol treat and the rest? Drink your pure water, fermented Kombucha and Stevia sweetened beverages.
- ✓ Add one serving (1 cup) of cruciferous vegetables daily to assist with detoxification. This includes foods like broccoli, kale, and bok choy, and lots of garlic, onions, ginger, and turmeric.
- ✓ Make sure you get 2–3 servings of colorful, antioxidant rich vegetables into your diet daily. Red peppers, sweet potatoes, tomatoes, peaches, winter squash, oranges etc. anything with “colored flesh” has loads of antioxidants.
- ✓ Sweat! This is the bodies natural way of eliminating toxins through the skin. Exercise or a hot sauna will do the trick!
- ✓ Clean up your home environment. Switch to non-toxic cleaners, natural detergents, ditch air fresheners and start using “clean” beauty products.

➤ **Dancing for Dopamine** — Dopamine is released when you are listening to music (specifically NOT heavy metal/techno or the like). It also showed that dopamine levels are up to 9 percent higher for those who listen to music. It was also noted that music can increase your focus levels. Interesting article: <https://parkinsonsnewstoday.com/2018/03/05/parkinsons-disease-blues-remedied-music-dancing-dopamine/>

Our inspiring video and quote

<https://www.youtube.com/watch?v=QQGHNr5fEeU>



Quick Summary For Meetings and Classes

Monday – “Sing with Parkinson’s” every Monday at 11 am

Location: 1st Baptist Church,
[1333 W University Ave, Georgetown](#)

Tuesday – “Dancing with Parkinson’s” every Tuesday at 1:30 pm at Georgetown’s Palace Theater Education and Performance Center [216 W. 8th Street](#).

Wednesday – “Chair Yoga with Parkinson’s” every Wednesday at 9am

Location: [2423 Williams Drive, Georgetown](#)

Wednesday – DBS Support Group Meeting on 3rd Wednesday at 2pm

Location: The Delaney at Georgetown Village, in The Residences section
(<https://thedelaneyseiorliving.com>),
359 Village Commons Boulevard, Georgetown

Thursday – Caregiver’s on 2nd Thursday at 2 pm

Location: [2423 Williams Drive, Georgetown](#)

Thursday – Parkinson’s Support Group Meeting on 4th Thursday at 2 pm **Location:** [2423 Williams Drive, Georgetown](#)

Thursday – “Power for Parkinson’s Round Rock Fitness” every Thursday at 1:30 pm at [2111 Sam Bass Road](#), Round Rock

Monday/Wednesday/

Friday – Boxing classes start at 9:30 am

Location: [2534 Shell Rd, Georgetown](#), 512-695-4649



Don't Forget:

Our Next Support Group Meeting

Thursday, April 26, 2018

Begins promptly at 2 pm

This is our Ice Cream/Cookie Social and Health Fair! We have over 40 vendors that will share about their services with you and also, they will have DOOR PRIZES! This is a GREAT REALLY FUN time that you do not want to miss!

Remember, please bring cookies to share and at the end, if there are cookies left... it is a cookies swap! Oh, what FUN!

